



October 2019 Secondary Menu

Welcome to another exciting school year with Grand Rapids Public Schools. We are happy to have you as customers and look forward to serving your children hot and nutritious meals again this school year. Please remember to complete your Family Meal Application online at: <http://egrps.mealapp.org>. A new meal application is required each year. The school meals served in your school are the best value in town. GRPS Nutrition Services is proud to partner with your school to offer the very best in nutrition for your child.

Check out our new menu program on the Grand Rapids Public School website under Nutrition Services. You may also download the app from Google Play or the Apple Store.



Meal Prices			
Breakfast \$2.00	Lunch \$3.75	Reduced Meals \$.30/.40	Milk \$.50
Adult Meals - \$ 2.50/4.70			

Adults and students who purchase meals, milk or a la carte items may still use My Payments Plus just like last year. Go to www.mypaymentsplus.com and register yourself/student into the school meal pre-payment plan. This is a convenient way to securely keep your account paid in full and view your actual purchase history! If you have problems with this transaction please give Steve Slabbekoorn a call at 616.819.1662.

The USDA Food and Nutrition Service prohibits discrimination based on race, color, national origin, age, sex, or disability, in program access and delivery. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave SW, Washington DC, 20250-9410, or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

East Grand Rapids - Secondary - October 2019

BREAKFAST EXPRESS

Each Breakfast Combo Meal Includes: Breakfast entrée, Dannon Yogurt, Graham Crackers or Cereal, Fruit, Juice & Milk (fat free white, 1% white, fat free chocolate or fat free strawberry).

Assorted Breakfast Sandwiches

Whole Wheat French Toast

Pancakes or Waffles w/Syrup

Whole Grain Breakfast Pastries

Variety of Cereal, Muffins & Banana Bread

Breakfast Wraps

Yogurt Parfait

Bagel w/Cream Cheese

UBR- a super cookie high in protein & fiber

All items may not be offered daily.

*Menu Item Contains Pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Sloppy Joe/Taco Joe Spicy Potato Wedges Cooked Carrots Ice Cold Milk	1 Honey BBQ Rib Patty on a Bun Sweet Potato Fries Sicilian Vegetable Ice Cold Milk	2 Chicken Wings Macaroni & Cheese Collard Greens Cornbread Muffin Ice Cold Milk	3 Mini Corn Dogs Onion Rings Steamed Carrots Ice Cold Milk	4 Deluxe Beef Nachos Cheese, Lettuce, Tomatoes Vegetarian Refried Beans Tostitos Scoops Ice Cold Milk
7 Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Ice cold Milk	8 Homemade Beef Chili Italian Dunkers Whole Grain Cheez-Its Ice Cold Milk	9 Teriyaki Chicken Vegetable Fried Rice Asian Vegetables Strawberry Cup & Biscuit Ice Cold Milk	10 Apple Cinnamon Toast Turkey Sausage Links Hashbrown Patty Veggie Juice Ice Cold Milk	11 Popcorn Chicken Spanish Rice Buffalo Cauliflower Goldfish Grahams Ice Cold Milk
14 Sriracha Chicken Garlic Toast Mixed Vegetables Ice Cold Milk	15 Beef Pot Roast w/ Gravy Mashed Potatos Whole Grain Biscuit Ice Cold Milk	16 Boneless Wings Dutch Waffle Baked Cinnamon Apples Sugar Snap Peas Ice Cold Milk	17 BBQ Meatballs Macaroni & Cheese Seasoned Peas Dinner Roll Ice Cold Milk	18 Beef Soft Taco Cheese, Lettuce & Tomatoes Fiesta Black Beans President's Cookies Ice Cold Milk
21 Pasta Bake Garlic Breadstick Steamed Broccoli Ice Cold Milk	22 Orange Chicken Fluffy Rice Vegetable Egg Roll Lemon Berry Sorbet Ice Cold Milk	23 Turkey Ham & Cheese Pocket Broccoli Cheese Soup Steamed Broccoli Ice Cold Milk	24 Chicken Wings Green Beans WW Dinner Roll Berry Rice Krispie Treat Ice Cold Milk	25 No School Parent Teacher Conferences

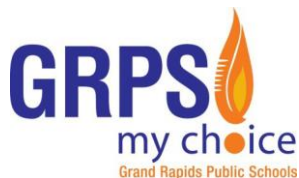
Additional Selections - Don't forget... EACH lunch must include a fruit or vegetable.

Available Daily: Cheeseburger or Chicken Patty on a Bun, Veggie Burger available upon request or Specialty Salads

Each Lunch Combo Meal Includes: Choice of Entrée, Seasoned Vegetable, Fruit Selection, Fresh Choice Bar & Milk (fat free white, 1% white, fat free chocolate or fat free strawberry).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Selections	Chicken Selections	Burrito/Mexican Choices	Pizza Selections	Chicken Selections



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